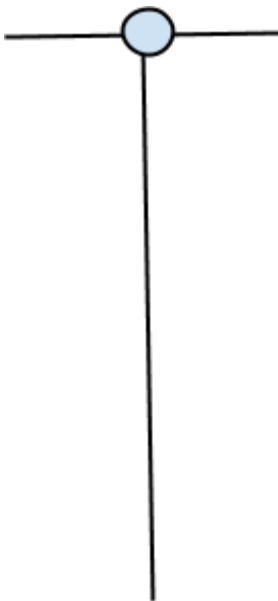


## Heian Sandan

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1. Normal stance, right foot into point stance, bow, right foot out to normal stance.
2. Look left, look front
3. Step left to front stance, left outside block
4. Step to point stance, right outside block and left down block (rising arm on outside)
5. to left outside block and right down block (rising arm on outside)



6. Turn 180 degrees right to front stance, right outside block

7. Step to point stance, left outside block and right down block (rising arm on outside)

8. to left outside block and right down block (rising arm on outside)

9. Step 90 degrees left to left front stance, left outside block reinforced

10. Hidden weapon right knife-hand

11. Step forward to right front stance, right spear-hand reinforced

Rotate spear-hand counter-clockwise 180 degrees

12. Spin left 360 degrees, tekki stance, right spear-hand behind back, left elbow strike
13. Left snap back-fist, tekki stance
14. Spin left 180 degrees right straight punch, right front stance, yell kiai
15. Turn 180 degrees left into point stance, hands on hips
16. Right crescent kick to 90 degree left turn, foot stop to tekki stance
17. Avoid punch on right, right backfist, return hand to hip
18. Left crescent kick to 180 degree turn right to tekki stance

19. Avoid punch on left, left backfist, return hands to hips
20. Right crescent kick to 180 degree turn left to tekki stance
21. Avoid punch on right, right backfist, return hands to hips
22. Right outside knife-hand block to deep right front stance
23. Left straight punch
24. Spin left 180 degrees to tekki stance, high right punch to left and low left elbow strike to left, yell kiai
25. High left punch to right and low right elbow strike to right, yell kiai
26. Step in right to normal stance, step in right to point stance, bow
27. Step right to normal stance

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